



## Full Report (All Nutrients) 19074, Candies, caramels

Report Date: June 26, 2017 16:29 EDT

Nutrient values and weights are for edible portion

## Food Group : Sweets

**Carbohydrate Factor: 3.8 Fat Factor: 8.6 Protein Factor:4.3 Nitrogen to Protein Conversion Factor:6.4**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 package (2.5 oz) 71g	1 piece 10.1g
<b>Proximates</b>						
Water	g	8.50	5	0.343	6.04	0.8
Energy	kcal	382	--	--	271	3
Energy	kJ	1598	--	--	1135	16
Protein	g	4.60	3	0.126	3.27	0.4
Total lipid (fat)	g	8.10	1	--	5.75	0.8
Ash	g	1.80	3	0.049	1.28	0.1
Carbohydrate, by difference	g	77.00	--	--	54.67	7.7
Fiber, total dietary	g	0.0	--	--	0.0	0
Sugars, total	g	65.50	--	--	46.51	6.6
<b>Minerals</b>						
Calcium, Ca	mg	138	41	7.131	98	1
Iron, Fe	mg	0.14	41	0.048	0.10	0.0
Magnesium, Mg	mg	17	41	0.874	12	1
Phosphorus, P	mg	114	40	5.475	81	1
Potassium, K	mg	214	42	12.300	152	2
Sodium, Na	mg	245	42	13.433	174	2
Zinc, Zn	mg	0.44	42	0.029	0.31	0.0
Copper, Cu	mg	0.018	41	0.002	0.013	0.00
Manganese, Mn	mg	0.011	41	0.002	0.008	0.00
Selenium, Se	µg	1.8	12	0.367	1.3	0
Fluoride, F <sup>1</sup>	µg	27.0	9	--	19.2	2

## Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 package (2.5 oz) 71g	1 piece 10.1g
Vitamin C, total ascorbic acid	mg	0.4	--	--	0.3	0.0
Thiamin	mg	0.103	--	--	0.073	0.010
Riboflavin	mg	0.256	--	--	0.182	0.026
Niacin	mg	0.148	--	--	0.105	0.015
Pantothenic acid	mg	0.620	--	--	0.440	0.063
Vitamin B-6	mg	0.056	--	--	0.040	0.006
Folate, total	µg	4	--	--	3	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	4	--	--	3	0
Folate, DFE	µg	4	--	--	3	0
Choline, total	mg	8.0	--	--	5.7	0.8
Vitamin B-12	µg	0.30	--	--	0.21	0.03
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	12	--	--	9	1
Retinol	µg	11	--	--	8	1
Carotene, beta	µg	2	--	--	1	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	42	--	--	30	4
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.46	--	--	0.33	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.8	--	--	1.3	0.2
<b>Lipids</b>						
Fatty acids, total saturated	g	2.476	--	--	1.758	0.250
4:0	g	0.047	--	--	0.033	0.005
6:0	g	0.012	--	--	0.009	0.001
8:0	g	0.013	--	--	0.009	0.001
10:0	g	0.026	--	--	0.018	0.003
12:0	g	0.016	--	--	0.011	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 package (2.5 oz) 71g	1 piece 10.1g
14:0	g	0.190	--	--	0.135	0.019
16:0	g	1.880	--	--	1.335	0.190
18:0	g	0.293	--	--	0.208	0.030
Fatty acids, total monounsaturated	g	1.542	--	--	1.095	0.156
16:1 undifferentiated	g	0.095	--	--	0.067	0.010
18:1 undifferentiated	g	1.447	--	--	1.027	0.146
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	3.478	--	--	2.469	0.351
18:2 undifferentiated	g	3.447	--	--	2.447	0.348
18:3 undifferentiated	g	0.025	--	--	0.018	0.003
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.007	--	--	0.005	0.001
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	7	3	0.333	5	1
<b>Amino Acids</b>						
Tryptophan	g	0.060	--	--	0.043	0.006
Threonine	g	0.192	--	--	0.136	0.019
Isoleucine	g	0.258	--	--	0.183	0.026
Leucine	g	0.417	--	--	0.296	0.042
Lysine	g	0.338	--	--	0.240	0.034
Methionine	g	0.107	--	--	0.076	0.011
Cystine	g	0.039	--	--	0.028	0.004
Phenylalanine	g	0.205	--	--	0.146	0.021
Tyrosine	g	0.205	--	--	0.146	0.021
Valine	g	0.285	--	--	0.202	0.029
Arginine	g	0.155	--	--	0.110	0.016
Histidine	g	0.115	--	--	0.082	0.012
Alanine	g	0.147	--	--	0.104	0.015
Aspartic acid	g	0.323	--	--	0.229	0.033
Glutamic acid	g	0.892	--	--	0.633	0.090

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 package (2.5 oz) 71g	1 piece 10.1g
Glycine	g	0.091	--	--	0.065	0.009
Proline	g	0.412	--	--	0.293	0.042
Serine	g	0.232	--	--	0.165	0.023
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion